



Class **GV475**

Book **J6**

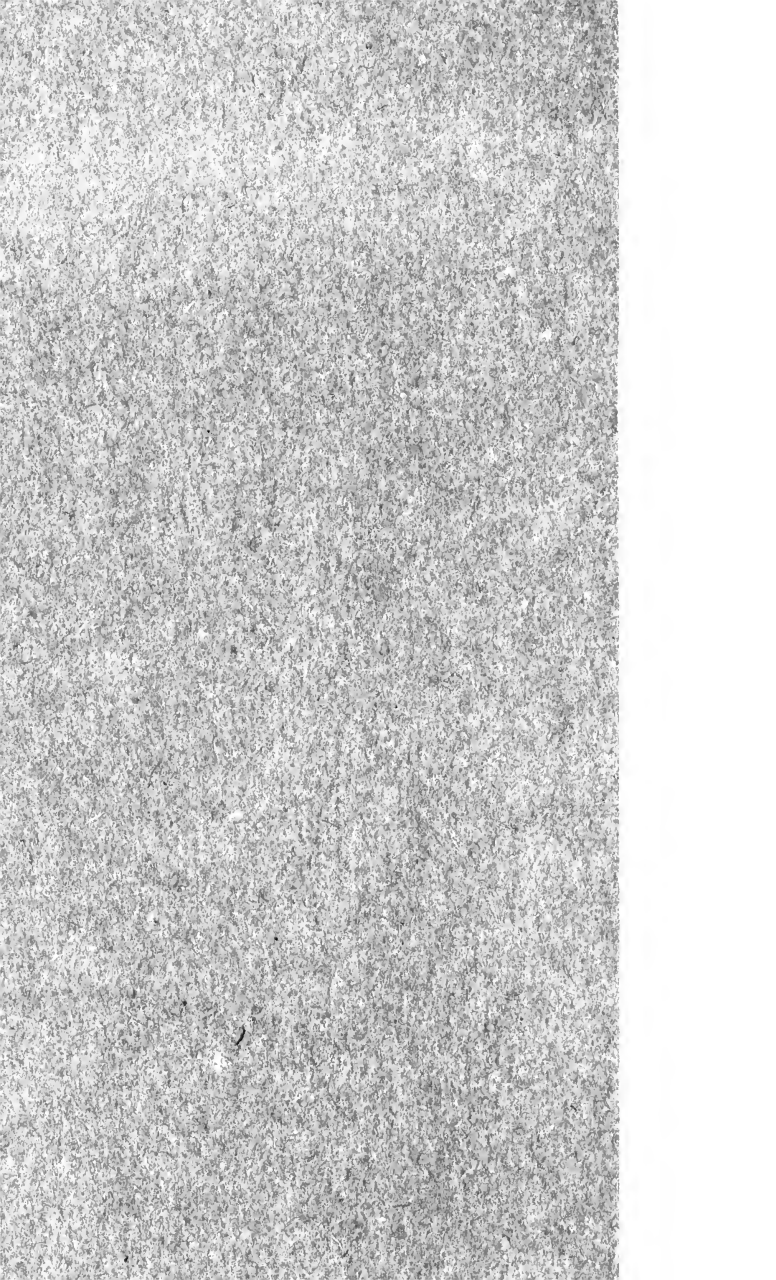
Author \_\_\_\_\_

Title \_\_\_\_\_

Imprint \_\_\_\_\_

16-473

**1917**





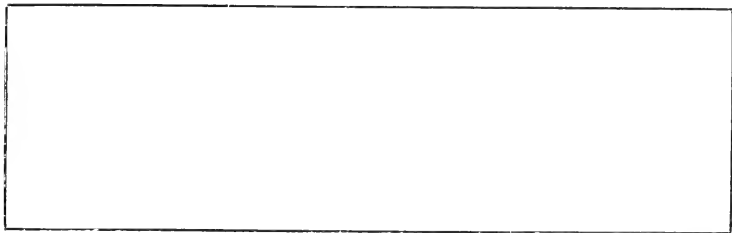


FOR OUR CUSTOMERS.

# THIS ORDER BLANK

IS FOR YOUR CONVENIENCE.

YOU PURCHASED THIS BOOK AT



We also sell a complete line of Spalding Athletic Goods as well as all the books of the Spalding Athletic Library.

## CONSULT THE FULL LIST

FOR OTHER BOOKS ON ATHLETICS

---

When ordering Athletic Goods use this sheet. Simply tear it out along dotted line, fill in your wants on the reverse side, and mail it with the price as noted.

---

*SEE THE OTHER SIDE*



# SPALDING ATHLETIC LIBRARY

## SPALDING OFFICIAL ANNUALS

- No. 1. SPALDING'S OFFICIAL BASE BALL GUIDE. . . . . Price 10c.
- No. 1S. SPALDING'S OFFICIAL BASE BALL GUIDE. (Spanish Edition) . . . . . Price 10c.
- No. 2. SPALDING'S OFFICIAL FOOT BALL GUIDE. . . . . Price 10c.
- No. 6. SPALDING'S OFFICIAL ICE HOCKEY GUIDE. . . . . Price 10c.
- No. 7. SPALDING'S OFFICIAL BASKET BALL GUIDE. . . . . Price 10c.
- No. 7A. SPALDING'S OFFICIAL WOMEN'S BASKET BALL GUIDE. Price 10c.
- No. 9. SPALDING'S OFFICIAL INDOOR BASE BALL GUIDE. . . . . Price 10c.
- No. 12A. SPALDING'S OFFICIAL ATHLETIC RULES. . . . . Price 10c.
- No. 1R. SPALDING'S OFFICIAL ATHLETIC ALMANAC. . . . . Price 25c.
- No. 3R. SPALDING'S OFFICIAL GOLF GUIDE. . . . . Price 25c.
- No. 55R. SPALDING'S OFFICIAL SOCCER FOOT BALL GUIDE. . . . . Price 25c.
- No. 57R. SPALDING'S LAWN TENNIS ANNUAL. . . . . Price 25c.
- No. 59R. SPALDING'S OFFICIAL BASE BALL RECORD. . . . . Price 25c.

### Specially Bound Series of Athletic Handbooks

Flexible binding. Mailed postpaid on receipt of 50 cents each number.

- No. 501L. STROKES AND SCIENCE OF LAWN TENNIS
- No. 502L. HOW TO PLAY GOLF
- No. 503L. HOW TO PLAY FOOT BALL
- No. 504L. ART OF SKATING
- No. 505L. GET WELL—KEEP WELL
- No. 506L. HOW TO LIVE 100 YEARS
- No. 507L. HOW TO WRESTLE
- No. 508L. HOW TO PLAY LAWN TENNIS; HOW TO PLAY TENNIS FOR BEGINNERS
- No. 509L. BOXING
- No. 510L. DUMB BELL EXERCISES
- No. 511L. JIU JITSU
- No. 512L. SPEED SWIMMING
- No. 513L. WINTER SPORTS
- No. 514L. HOW TO BOWL
- No. 515L. HOW TO SWIM AND COMPETITIVE DIVING.
- No. 516L. SCHOOL TACTICS AND MAZE RUNNING; CHILDREN'S GAMES.
- No. 517L. TEN AND TWENTY MINUTE EXERCISES
- No. 518L. INDOOR AND OUTDOOR GYMNASIIC GAMES
- No. 519L. SPALDING'S OFFICIAL BASE BALL GUIDE
- No. 520L. SPALDING'S OFFICIAL FOOT BALL GUIDE
- No. 521L. SPALDING'S OFFICIAL BASKET BALL GUIDE
- No. 522L. GOLF FOR GIRLS
- No. 523L. HOW TO PLAY BASE BALL; HOW TO UMPIRE; HOW TO MANAGE A TEAM, ETC.
- No. 524L. SPALDING'S LAWN TENNIS ANNUAL
- No. 525L. HOW TO PITCH; READY RECKONER OF BASE BALL PERCENTAGES
- No. 526L. HOW TO CATCH; HOW TO BAT

In addition to above, any 25 cent "Red Cover" book listed in Spalding's Athletic Library will be bound in flexible binding for 50 cents each; or any two 10 cent "Green Cover" or "Blue Cover" books in one volume for 50 cents.

(Continued on the next page.)

---

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE

# SPALDING ATHLETIC LIBRARY

## Group I.

## Base Ball

"Blue Cover" Series, each number 10c.

No. 1 Spalding's Official Base Ball Guide

No. 1S Spalding's Official Base Ball Guide, Spanish Edition.

No. 202 How to Play Base Ball

No. 219 Ready Reckoner of Base Ball

No. 223 How to Bat [Percentages]

No. 224 How to Play the Outfield

No. 225 How to Play First Base

No. 226 How to Play Second Base

No. 227 How to Play Third Base

No. 228 How to Play Shortstop

No. 229 How to Catch

No. 230 How to Pitch

No. 231 { How to Organize a Base Ball League [Club

{ How to Organize a Base Ball

{ How to Manage a Base Ball Club

{ How to Train a Base Ball Team

{ How to Captain a Base Ball Team

{ Technical Base Ball Terms

No. 232 How to Run Bases

No. 350 How to Score

No. 355 Minor League Base Ball Guide

No. 356 Official Book National League of Prof. Base Ball Clubs

No. 9 Spalding's Official Indoor Base Ball Guide

"Red Cover" Series, each number 25c.

No. 59R. Official Base Ball Record

No. 75R. How to Umpire

## Group II.

## Foot Ball

"Blue Cover" Series, each number 10c.

No. 2 Spalding's Official Foot Ball Guide

No. 358 Official College Soccer Guide

"Red Cover" Series, each number 25c.

No. 39R. How to Play Soccer

No. 47R. How to Play Foot Ball

No. 55R. Spalding's Official Soccer Foot Ball Guide

## Group III.

## Tennis

"Blue Cover" Series, each number 10c.

No. 157 How to Play Lawn Tennis

No. 363 Tennis Errors and Remedies

"Green Cover" Series, each number 10c.

No. 1P. How to Play Tennis—For Beginners. By P. A. Vaile

"Red Cover" Series, each number 25c.

No. 21. Strokes and Science of Lawn Tennis [Tralasia]

No. 42R. Davis Cup Contests in Aus-

No. 57R. Spalding's Lawn Tennis

No. 76R. Tennis for Girls [Annual

## Group IV.

## Golf

"Green Cover" Series, each number 10c.

No. 2P. How to Learn Golf

"Red Cover" Series, each number 25c

No. 3R. Spalding's Official Golf

No. 4R. How to Play Golf [Guide]

No. 63R. Golf for Girls

## Group V.

## Basket Ball

"Blue Cover" Series, each number 10c.

No. 7 Spalding's Official Basket Ball Guide

No. 7A Spalding's Official Women's Basket Ball Guide

No. 193 How to Play Basket Ball

## Group VI. Skating and Winter Sports

"Blue Cover" Series, each number 10c.

No. 6 Spalding's Official Ice Hockey

No. 14 Curling [Guide]

"Red Cover" Series, each number 25c.

No. 8R. The Art of Skating

No. 28R. How to Play Ice Hockey

No. 28R. Winter Sports

No. 72R. Figure Skating for Women

## Group VII. Field and Track Athletics

"Blue Cover" Series, each number 10c.

No. 12A Spalding's Official Athletic Rules

No. 27 College Athletics

No. 55 Official Sporting Rules

No. 87 Athletic Primer

No. 156 Athletes' Guide

No. 178 How to Train for Bicycling

No. 182 All Around Athletics

No. 255 How to Run 100 Yards

No. 302 Y. M. C. A. Official Handbook

No. 317 Marathon Running

No. 342 Walking for Health and Competition

No. 362 Track, Relay and Cross Country Rules of the National Collegiate Athletic Ass'n.

"Green Cover" Series, each number 10c.

No. 3P. How to Become an Athlete By James E. Sullivan

No. 4P. How to Sprint

"Red Cover" Series, each number 25c.

No. 1R. Spalding's Official Athletic Almanac

No. 17R. Olympic Games, Stockholm, 1912 [book]

No. 45R. Intercollegiate Official Hand-

No. 48R. Distance and Cross Country Running

No. 70R. How to Become a Weight

Thrower

(Continued on the next page.)

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE



# SPALDING ATHLETIC LIBRARY

## Group VIII. School Athletics

*"Blue Cover" Series, each number 10c.*

No. 246 Athletic Training for School-boys

*"Red Cover" Series, each number 25c.*

No. 61R. School Tactics and Maze Running; Children's Games

No. 66R. Calisthenic Drills and Fancy Marching and Physical Training for the School and Class Room

No. 71R. Public Schools Athletic League Official Handbook

No. 74R. Schoolyard Athletics

## Group IX. Water Sports

*"Blue Cover" Series, each number 10c.*

No. 128 How to Row

No. 129 Water Polo [Guide]

No. 361 Intercollegiate Swimming

*"Red Cover" Series, each number 25c.*

No. 36R. Speed Swimming

No. 37R. How to Swim

No. 60R. Canoeing and Camping

## Group X. Athletic Games for Women and Girls

*"Blue Cover" Series, each number 10c.*

No. 7A Spalding's Official Women's Basket Ball Guide

No. 314 Girls' Athletics

*"Red Cover" Series, each number 25c.*

No. 38R. Field Hockey

No. 41R. Newcomb

No. 63R. Golf for Girls

No. 69R. Girls and Athletics

## Group XI. Lawn and Field Games

*"Blue Cover" Series, each number 10c.*

No. 167 Quoits

No. 170 Push Ball

No. 180 Ring Hockey

No. 199 Equestrian Polo

No. 201 How to Play Lacrosse

No. 207 Lawn Bowls

*"Red Cover" Series, each number, 25c.*

No. 6R. Cricket, and How to Play It

## Group XII. Miscellaneous Games

*"Blue Cover" Series, each number 10c.*

No. 13 American Game of Hand Ball

No. 364 Volley Ball

*"Red Cover" Series, each number 25c.*

No. 43R. Archery, Roque, Croquet,

English Croquet, Lawn Hockey,

Tether Ball, Clock Golf, Golf-Croquet,

Hand Tennis, Hand Polo, Wicket

Polo, Badminton, Drawing Room

Hockey, Garden Hockey, Basket

Goal, Volley Ball Rules and Pin Ball

No. 49R. How to Bowl

No. 50R. Court Games

## Group XIII. Manly Sports

*"Blue Cover" Series, each number 10c.*

No. 191 How to Punch the Bag

No. 282 Roller Skating Guide

*"Red Cover" Series, each number 25c.*

No. 11R. Fencing Foil Work Illustrat

No. 19R. Professional Wrestling [ec

No. 21R. Jiu Jitsu

No. 25R. Boxing

No. 30R. The Art of Fencing

No. 65R. How to Wrestle

## Group XIV. Calisthenics

*"Red Cover" Series, each number 25c.*

No. 10R. Single Stick Drill

No. 16R. Team Wand Drill

No. 22R. Indian Clubs and Dumb

Bells and Pulley Weights

No. 24R. Dumb Bell Exercises

No. 73R. Graded Calisthenics and Dumb Bell Drills

## Group XV. Gymnastics

*"Blue Cover" Series, each number 10c.*

No. 124 How to Become a Gymnast

No. 254 Barnjum Bar Bell Drill

No. 287 Fancy Dumb Bell and Marching Drills

*"Red Cover" Series, each number 25c.*

No. 14R. Trapeze, Long Horse and Rope Exercises

No. 34R. Grading of Gym. Exercises

No. 40R. Indoor and Outdoor Gymnastic Games

No. 52R. Pyramid Building

No. 56R. Tumbling for Amateurs and Ground Tumbling

No. 67R. Exercises on the Side Horse: Exercises on the Flying Rings.

No. 68R. Horizontal Bar Exercises; Exercises on Parallel Bars

## Group XVI. Home Exercising

*"Blue Cover" Series, each number 10c.*

No. 161 Ten Minutes' Exercise for

No. 185 Hints on Health [Busy Men

No. 325 Twenty-Minute Exercises

*"Red Cover" Series, each number 25c.*

No. 7R. Physical Training Simplified

No. 9R. How to Live 100 Years

No. 23R. Get Well; Keep Well

No. 33R. Tensing Exercises

No. 51R. 285 Health Answers

No. 54R. Medicine Ball Exercises, Indigestion Treated by Gymnastics,

Physical Education and Hygiene

No. 62R. The Care of the Body

No. 64R. Muscle Building; Health by Muscular Gymnastics

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE



KATSUGUMA HIGASHI,

SPALDING "RED COVER" SERIES OF  
ATHLETIC HANDBOOKS  
No. 21R.

# JIU JITSU

THE EFFECTIVE  
JAPANESE MODE  
OF SELF-DEFENSE

ILLUSTRATED BY SNAPSHOTS OF  
K. KOYAMA AND A. MINAMI  
WELL KNOWN NATIVE EXPERTS

---

PUBLISHED BY  
AMERICAN SPORTS PUBLISHING  
COMPANY  
21 WARREN STREET, NEW YORK

COPYRIGHT, 1917  
BY  
AMERICAN SPORTS PUBLISHING COMPANY  
NEW YORK

✓  
OCT 25 1917

215 1

## JIU JITSU

### ITS ANCIENT ORIGIN—THE JAPANESE SYSTEM OF SELF-DEFENSE DESCRIBED



Jiu jitsu, the much-talked-of Japanese system of self-defense, has attracted so much attention throughout the English-speaking world that its acceptance in this country as a meritorious branch of combative athletics causes not the slightest surprise among broad-minded people.

Like all innovations, especially foreign ones, jiu jitsu was at first disparaged by scores of people. Some of them still hold to their original opinions, but many have delved deep into the subject, with the result that they now admit the science contains much of striking value.

Jiu jitsu is one of the oldest known branches of self-defense. Authentic records of its existence before the Christian era are now in possession of the Mikado of Japan. History relates that so far back as 200 years before Christ the supporters of the Japanese emperor of that time fought unarmed against hostile tribes and, aided by jiu jitsu, completely defeated them. The tribes in question carried the arms of the day, but this advantage availed them nothing against the disconcerting and often deadly tricks of the jiu jitsu experts.

Since that early period the art has advanced considerably, although the principal tricks have been kept secret. There are some jiu jitsu manœuvres that have never been explained to Europeans or Americans—and probably they never will be. Especially reticent are the "Japs" regarding the dozen or so of death-producing grips and blows. Several of them have been described in detail by them at various times, but other are only hinted at.

These death blows are remarkable. Some are delivered on the spine, others on the neck and head, and two on the face. There are almost numberless manœuvres that temporarily paralyze nerves and nerve-centers, and others that stop the circulation of the blood in various part of the body. A large proportion of the tricks and holds introduces the twisting of hands, arms, legs, ankles, and the neck, and many more depend for success on the obtaining of powerful leverage on arms and legs, and on various joints.

Thus it will readily be seen that jiu jitsu is different from boxing and wrestling, although many wrestling manœuvres are used in it, either entirely or in part, or in combination. For instance, all jiu jitsu experts use forms of the arm lock, the full Nelson, half Nelson, chancery holds, cross buttocks, arm and leg grapevines, waist holds, leg holds, and strangles. There is absolutely nothing in common, however, between boxing and jiu jitsu. Boxing is not indulged in to any noticeable extent by "Japs." They prefer fencing and wrestling.

Still, jiu jitsu experts execute a trick that might well be termed a first cousin to the boxer's solar plexus punch. It consists of a blow in the solar plexus delivered with the fingers straightened and stiffened, the forefinger (or pointer) and the middle finger. These fingers are projected violently into the solar plexus and twisted in a peculiar manner, completely paralyzing this nerve center. (The solar plexus is a center of various nerves of the so-called sympathetic system, which has largely to do with the organs of nutrition). The blow also produces breathlessness, and, in cases of poorly trained men, nausea.

Jiu jitsu comprises three different systems or branches and upward of 250 manœuvres. One branch, the most familiar, calls for the use of the hands, another needs a piece of rope, and the other a club. However, only the first-named is considered in this book, for it is the one most frequently used. "Jap" experts are, of course, proficient in all three branches.

The knowledge of jiu jitsu has only recently been made general in Japan. Every soldier, sailor and policeman was taught it as a matter of course, but the upper classes, jealous lest their influence

over the populace should wane, tried to keep it to themselves. Of this tendency we have an interesting example in "The Darling of the Gods," when a small band of sumurai refuses to obey the imperial edict and disarm. So well recognized was it by the "Jap" that he could not learn jiu jitsu, and likely children were trained to be wrestlers instead. The wrestler is usually ten or twelve inches taller than his brother "Jap," and he is splendidly developed for wrestling, but when some years ago a tall wrestler was publicly defeated at Tokio by an exponent of jiu jitsu within a few seconds of the start the thousands of spectators were astonished. Japanese fashion, they said little, but since then, though wrestling is still popular, it no longer holds the first place. Mr. Hancock, author of a book on jiu jitsu, is of the opinion that a skilled exponent of jiu jitsu would defeat a champion American boxer, using his own methods.

Every jiu jitsu system is based on diet and the healthy state of the body. Every muscle is brought into development and hardened by the system, which means "muscle breaking"—a term that does not express the fact. Four years are needed for the full development of the system, years of regular, patient practice, and gradually the pupil begins to feel its influence.

Twice a day he will bathe if he would imitate his Japanese teacher. A gallon of pure water will be consumed during the twenty-four hours, and he will eat no meat. Rice comes first in importance as an element of diet. Next come vegetables, fish and fruit, meat being scarcely ever used. Fresh air, naturally, is absolutely essential not only to jiu jitsu, but to good health and vigor in Japan, as elsewhere, and a special study is made of the influence of deep breathing upon the students.

But what will surprise most people is that something most needed beyond all these—equanimity of temper—is essential. The reason of this is that there are too many tricks, which are dangerous to life and limb, to be entrusted to a person whose passions might overpower his judgment. Several of the feats would break bones if carried to extremes.

The secret of jiu jitsu consists of a knowledge of how to grasp

an opponent in such a manner that he must submit to be thrown or have the limb which is grasped ruthlessly broken. Once this terrible Japanese clutches his adversary by the arm he must fall in the direction the Japanese wishes or have his limb broken. An expert jiu jitsu wrestler can practically throw his opponent in any direction he wishes.

As a means of physical culture, jiu jitsu is superior to most methods. It gives a very fine all-round development, and the peculiarity of the Japanese system is that the muscles never become hard like those of an ordinary athlete, but remain perfectly soft and pliable to the touch and are apparently coated with a layer of fat, just as the muscles of the Greek athletes were said to have been in the days of the Olympian games.

When exhibitions of jiu jitsu are given by Japanese players the ground is always covered with a thick native carpet, and when the men are thrown they fall despite this protection with resounding thuds.

Numerous Englishmen have acquired this art, chief of whom are Apollo, the well-known strong man, and Mr. Roger Nowell, a celebrated amateur exponent of various systems of self-defense.

Pressure on muscles and ligaments is the idea of jiu jitsu, and detailed knowledge of the parts of the human body thus vulnerable is essential to expert practice of the system. Then the hand must be toughened by at least six months' exercise, so that with the edge a blow may be struck to break the arm or neck.

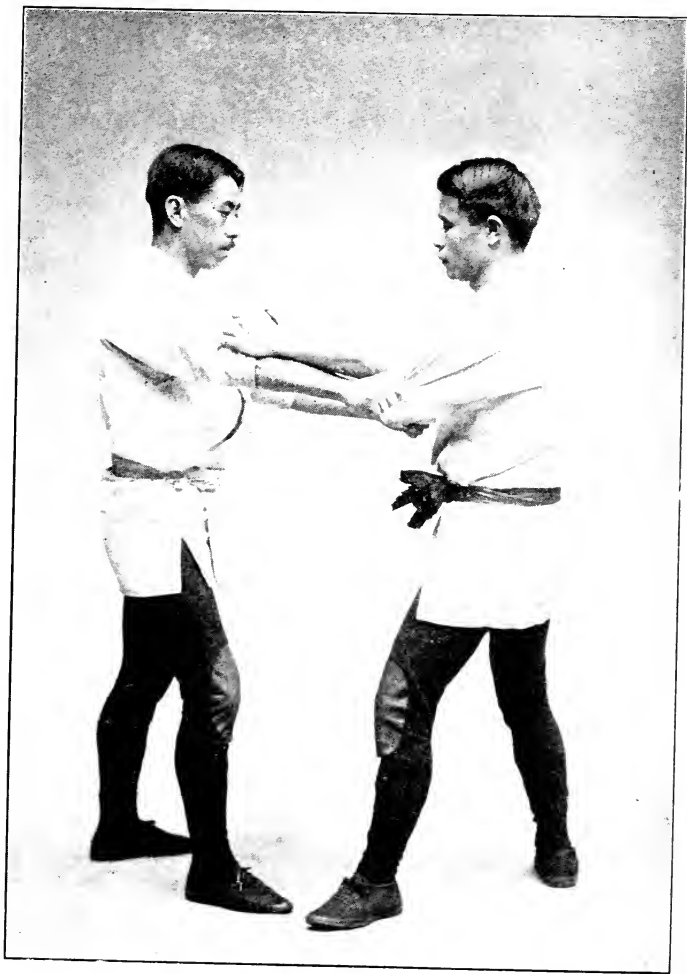
On the stomach all depends. Then comes training of the heart and lungs by deep breathing, which begins and ends at every lesson in jiu jitsu. Special exercises of the simplest nature develop the heart, lungs and arms, and the lower half of the body also receives special attention.

Fasting, copious draughts of water and hot water drinking are regular features of Japanese life, and in winter the Japanese will jump out of his hot bath and roll in the snow. Extremes of leanness and of obesity are rare, and the women are versed in athletics as well as the men. Fresh air is a *sine qua non*.

Owing to the widespread eagerness for information regarding



jiu jitsu, many erroneous ideas have been formed regarding it. Scores of holds and tricks, purporting to be jiu jitsu manœuvres, have been exploited by people palpably ignorant of the subject. In this book the "Jap" experts have illustrated only such holds, etc., as are included in jiu jitsu, omitting unauthoritative holds and those that are not considered practical. The so-called "Adam's apple blow" is one which the "Japs" omitted, simply because in its execution the victim has one hand free, which a clever man would use in effectually blocking the movement.



No. 1

**FIGURE NO. 1.**

**Position at the Opening of a Bout.**



At the beginning of a contest jiu jitsu performers stand facing each other in the position shown in the opposite illustration. Each keeps his feet spread well apart, toes pointing outward, and grasps the canvas sleeves of his opponent's jacket above the elbow. From this position the contestants work to obtain various holds and grips.

Observe that the "Japs" stand upright, as opposed to the crouching attitude of wrestlers at the start of a match.



No. 2

**FIGURE NO. 2.**

**Fall, Advantage of Disablement Secured From the Preliminary Position Shown in Figure 1.**

---

A point or a fall in a jiu jitsu contest does not necessarily mean a fall in the strict sense of the word, as understood in wrestling. The object is to place a man entirely at your mercy or to disable him temporarily or otherwise. Oftentimes, however, these results are secured much after the manner of falls in wrestling. On the opposite page is shown a fall obtained from the preliminary pose shown in Figure No. 1.

To secure this fall, proceed as follows:

After facing your opponent and grasping his sleeves, step forward and place your right leg outward behind his right leg. Pull your antagonist quickly toward you and force him back over your right leg. Slip your right hand from his right arm to the front of his jacket, a few inches below his throat, to assist in pushing him back. Throw your opponent on his back in the position shown in Figure No. 2 and to disable him to press your right knee in his stomach.



No. 3

**FIGURE NO. 3.**

**First Position Leading Up to a Combination Fall, Neck Twist  
and Arm Breaker.**

---

The opposite illustration (No. 3) shows another preliminary position frequently used in jiu jitsu. This photo and the three following, Nos. 4, 5 and 6, show a series of manoeuvres that result in a violent fall, and which place a man completely in an opponent's power, so much so that the breaking of the victim's right arm will be a comparatively easy matter.

The man at the right in the illustration is, in this case, the attacking party. He is A. Minami. His opponent is K. Koyama.

Notice the manner in which the "Japs" grasp the sleeve of the canvas jackets. They place the thumb under the canvas, and hold the four fingers outside, thus enabling them to secure the firmest possible hold. It will be found almost impossible to twist or break this hold loose under ordinary circumstances.



No. 4



**FIGURE NO. 4.****A Jiu Jitsu Arm Lock, a Development of Figure No. 3.**

The second movement in the execution of a combination fall, neck twist, and arm breaker, which combined hold was begun in Figure No. 3, is shown in Figure No. 4, on the opposite page. From the position shown in Figure No. 3, the man on the right (the attacking party), steps in, and toward his left, turning his back to his opponent. Simultaneously and as swift as a lightning flash, he reaches over the extended right arm of his adversary and secures, with his free right arm, an arm lock, similar to the hold in wrestling. In wrestling, however, the man who leads the attack generally stands outside the arm he intends to lock. The attacking party in jiu jitsu should stand after the lock so that his opponent's right knee comes between his (the attacking man's) legs, as shown in the photo opposite. The attacking man must also bend forward, drawing his intended victim over on his back (see Figure No. 5).



No. 5

**FIGURE NO. 5.**

**Third Movement in Securing a Combination Fall, Neck Twist  
and Arm Breaker.**

---

When the defensive competitor is secured by the hold shown in Figure No. 4, the attacker bends forward sharply, drawing his victim's right arm under his (the attacker's) stomach, which at the same time lifts the defensive man off the floor, and onto the attacker's back, as shown in illustration No. 5.

Notice that the man about to be thrown has his left hand free, but that is powerless to block or stop his opponent's attack. The former has grasped the attacker's left shoulder with his left hand, but he cannot now save himself. The arm lock holds him, without hope of escape.

This manœuvre is somewhat like the back heave in wrestling. (See Figure No. 6.)



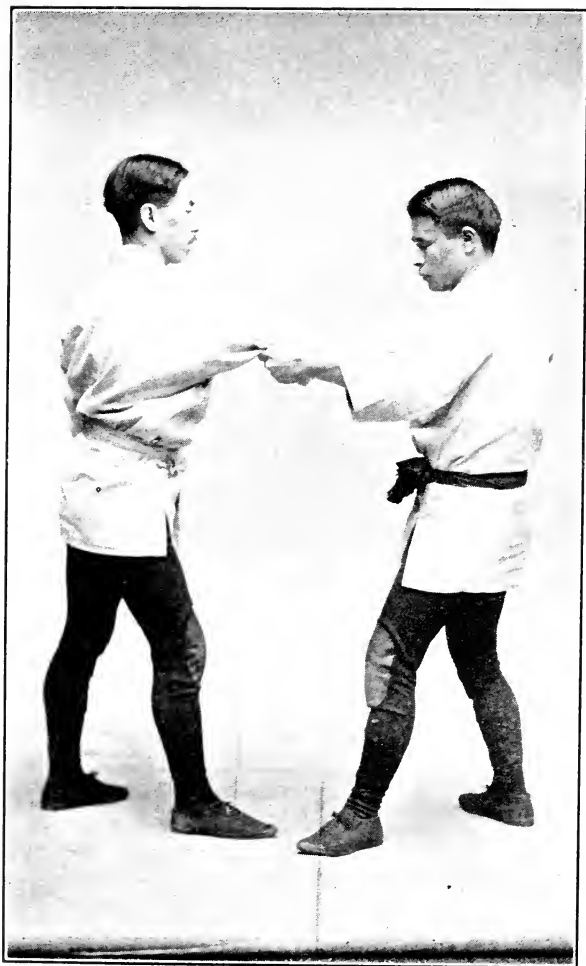
No. 6

**FIGURE NO. 6.****Completion of the Combination Fall, Neck Twist and Arm Breaker.**

Opposite we see the end of the jiu jitsu trick begun in Figure No. 3. The attacker has thrown his victim by turning him completely over in a somersault toward the right from the position shown in Figure No. 5.

The defensive performer landed heavily on his back. The attacker drops to the former's right side, draws his opponent's right arm across his (the attacker's) right leg, between the knee and the hip, and presses it downward, by a hold on the wrist. The extended arm may easily be broken, as is readily seen, if desired. At the same time with the other arm the attacker twists his antagonist's neck sharply by pushing the latter's chin to the left.

The under man vainly endeavors to relieve the strain on his neck by pushing with his left hand against his opponent's elbow.



No. 7

**FIGURE NO. 7**

**Preliminary Hold to Secure a Combination Neck Twist, and Arm and Wrist Twist (the Latter Behind Opponent's Back).**



In the position shown on the opposite page the attacker (on the right) is obtaining a preliminary hold leading to a very effective combination. He grasps, with his left hand, his opponent's extended right arm above the elbow, and secures the hand of the same arm with his own right hand. Quick as a flash, the attacker steps forward, placing his right leg between the other man's legs, as shown in the next illustration. (See Figure No. 8.)



No. 8



**FIGURE NO. 8.****Combination Neck Twist, Wrist and Arm Twist (Behind Opponent's Back) Secured.**

---

After obtaining the hold shown in Figure No. 7, the attacker moves swiftly into the position shown opposite. While thrusting his right foot between his opponent's legs, he bends the latter's right arm behind his back, as shown, and, with his right hand, after assisting with it in the arm-bending process, he turns his opponent's head to the left, pressing the chin up and to one side, twisting the neck.

The attacker's left hand slips to his opponent's right wrist as the arm is bent back, and grasping it first with his (the attacker's) thumb under the victim's hand, the palm being turned upward, and the attacker's thumb is then upward, also, as shown in the photo.

When the victim is finally held in the position shown opposite, his right wrist can be twisted so that he suffers excruciating pain. The strain on his elbow, owing to the arm twist, is also very severe.

This hold is much like the hammer lock used by wrestlers, but the jiu jitsu grip, while answering the same purpose, is more punishing.

When a man is held by this jiu jitsu combination hold he is absolutely powerless to make any resistance. He can be thrown in almost any desired direction.



No. 9

**FIGURE NO. 9.**

**Opening Hold of a Block and a Counter for An Attack, Resulting in a Novel and Startling Jiu Jitsu Fall.**

---

In the opposite illustration, the "Jap" on the left, K. Koyama, has attacked A. Minami, extending his right hand, and grasping the latter's jacket. Minami instantly conceives a block and counter for Koyama's advance and grasps the latter's hand with his left.

For further developments, see illustrations No. 10 and 11.



No. 10

**FIGURE NO. 10.****Second Movement in Counter for Attack Shown in Figure  
No. 9.**

Minami, after grasping his opponent's right hand, as shown in Figure No. 9, to counter an attack, reinforces his own left hand with his right, twists the attacking wrist around, bends it back powerfully, as shown in the photo opposite, and, simultaneously, raises his right foot and thrusts it quickly into his opponent's stomach. Now he pulls his opponent forward, and pushes back with his foot, bringing severe pressure to bear on his opponent's stomach, which cannot be protected. The strain on the wrist is also very painful, placing the man so held completely within Minami's power.

For a fall from this position see Figure No. 11.



No. 11

**FIGURE NO. 11.**

**Fall and Punishment (by Wrist Twist) as a Development  
From Figures No. 9 and 10.**

---

When the counter to the attack shown in Figure No. 9 has proceeded to the point shown in Figure No. 10, the man whose attack is countered is forced backward to his right. He is easily thrown on his back, as in the illustration opposite.

The present attacker retains his hold on the originally attacking right hand, twists the wrist strongly, as in Figure No. 11 (the elbow also receives severe strain) and he simultaneously places his right foot on the under man's chest. He thus holds him flat on the floor, without any possible chance for escape.



No. 12



**FIGURE NO. 12.**

**A Jiu Jitsu Manœuvre Much Like the Flying Mare (in Wrestling). A Counter Shown in Figures No. 13 and 14.**

---

At times jiu jitsu experts attempt to execute a fall from the position illustrated in Figure No. 12. They grasp an opponent's attacking (or possibly defensive) arm, turn, back to opponent, draw the arm down over either shoulder (in this case the right) and throw him violently forward, making him turn a complete somersault, or else falling sideways with him.

Notice in the opposite illustration the twist applied to the wrist of the attacked man. This twist is peculiar to jiu jitsu; it is never used by wrestlers.

For a counter to this manœuvre see Figure No. 13. A fall from the counter is pictured in Figure No. 14.



No. 13

**FIGURE NO. 13.**

**First Hold Resulting From an Intended Counter of the Arm  
Hold, Shown in Figure No. 12.**



As a man attempts to execute a throw from the position in Figure No. 12, the intended victim can quickly slip to one side (to the left in this case), encircle the near leg with his free arm, and lift it from the floor, as in Figure No. 13. Now, the man having the arm hold is at a great disadvantage.

See photo on next page for a fall from this position.



No. 14

**FIGURE NO. 14.**

**Fall and Punishment From a Counter to the Arm Hold in  
Figure No. 12.**

---

When a jiu jitsu expert gets his opponent in the position shown in Figure No. 13, he lifts the leg he has grasped, and falls backward to the mat, carrying his victim with him. He also spreads out his legs so that his antagonist falls between them. He then reaches over with the leg encircling the arm and grasps the wrist of the arm originally secured by his opponent, in the arm hold previously referred to. Now he is able to draw up the encircled leg, cramping its muscles severely, and by pulling still more violently on the wrist of his other arm he places painful pressure on the neck of the thrown man.



No. 15

**FIGURE NO. 15.**

**Another Effective Mode of Attack, Resulting in a Violent Fall.**

---

When two men face each other, each having obtained the preliminary hold illustrated in Figure No. 3, a violent fall may be scored as follows:

Suddenly draw toward yourself the arm held (by grasping the sleeve of his jacket) and lunge forward, placing your head under the near armpit. Bend down, drawing your opponent down with the sleeve hold, and encircle his near leg with your free arm, in this case the right (see Figure No. 15). Now you are ready to carry him to the position shown in Figure No. 16.



No. 16



**FIGURE NO. 16.**

**Ready to Throw an Opponent Heavily to the Floor, From Position Illustrated in Figure No. 15.**



When a firm hold is obtained on the near leg of your opponent, draw him well over on your back with the left arm (by means of the sleeve hold). Then raise yourself to a standing position (so far as the legs are concerned) carrying your foe on your shoulders. He will thus be held in the attitude shown opposite. You can throw him forward to the mat with force sufficient to stun him or to knock him breathless. Also, he can be thrown over the left shoulder, in almost any direction.



No. 17

**FIGURE NO. 17**

**Blocking a Right Lead to the Face and Ready to Counter.**

---

In the opposite illustration the man on the left has led at his opponent's face with his right hand. The latter, on the right, has blocked the lead with his right forearm, at the same time stepping forward with his right foot. He has made this step with his right foot in order to be in a more favorable position for executing an efficacious and strikingly forceful counter. This counter is shown in Figure No. 18.



No. 18

**FIGURE NO. 18.**

**Shoulder and Arm Twist Developed From Figure No. 17 Combined with a Cross Buttock.**

---

After obtaining the position shown in Figure No. 17, the man on the right, who now attacks, as a counter to the right-hand lead to the face, proceeds as follows:

He grasps the extended arm with both hands and carries his right foot quickly over the right leg of his opponent. He now bends the attacking forearm sharply back and thrusts his right hip close into the small of his opponent's back. Next he releases his left hand, passes it under the bent elbow of his opponent and grasps his own right forearm. His right hand in the meantime he has used in pressing his opponent's wrist downward, as shown in the illustration No. 18. Pressure against the defensive man's wrist places a severe strain upon his wrist, elbow and shoulder. He is forced steadily backward over his opponent's buttock and it is only a matter of a few seconds before he is thrown backward to the floor. If the man does not give way his arm will be broken or his shoulder will be forced out of joint.

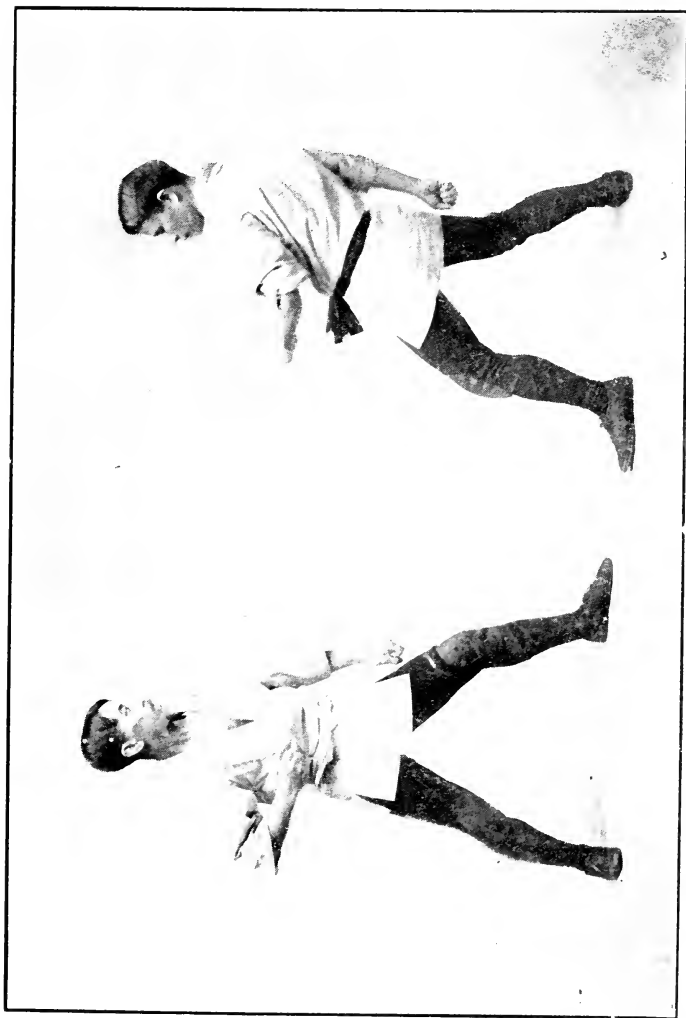


No. 19

**FIGURE NO. 19.****An Arm Breaker and Wrist Twist, from the Rear.**  

---

From a preliminary pose the attacker works to the rear or to the right side of his adversary. He then encircles the latter's right upper arm with his left arm, at the same time grasping his opponent's right fist with his right hand. The left hand, extending under the opponent's right elbow, grasps the attacker's wrist, as shown in the opposite picture. Now, by pressing down the defensive man's forearm, sufficient pressure can be exerted, aided by the leverage obtained, to break the victim's arm. Notice that the attacker's legs are spread quite far apart—the left from six to eight inches in advance of his foe's near leg—and that the last named man is held close against his opponent's body. If the attacker does not wish to break his man's arm he can throw him to the floor. The attacked man's left arm is free, but he can do no damage with it.





**FIGURE NO. 20.**

**Novel Manner in Which a Jiu Jitsu Expert Repels an Opponent's Rush by Dropping to the Floor and Using His Feet.**

---

In Figures No. 20, 21 and 22 are shown manœuvres in which a jiu jitsu expert resists an opponent's rushing attack in an unexpected manner. The opposite photo (No. 20) shows the men in the first position, that of seeming uncertainty. The man on the right rushes at his opponent as the latter moves forward as though to attack. Figures No. 21 and 22 show how, by dropping to the floor on his side, the man at the right executes a really startling trick.



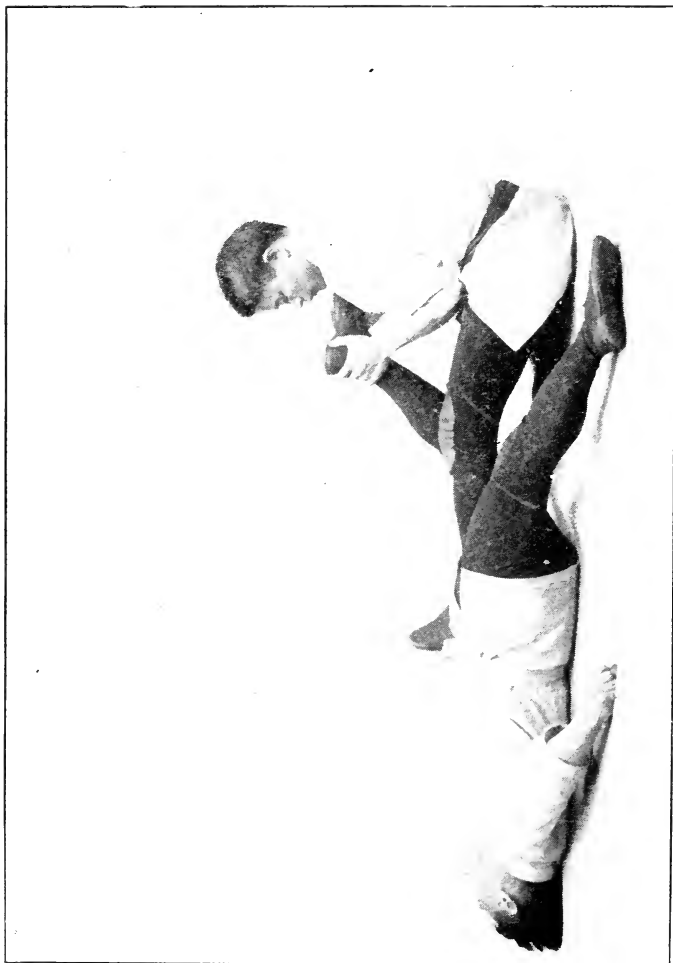
No. 21

**FIGURE NO. 21.**

**The Attacker in Position to Break Opponent's Left Knee Cap  
or to Throw Latter to Mat.**

---

A wrestler or a boxer would doubtless be greatly surprised to have an opponent drop voluntarily to the floor in front of him. Yet that is what the attacking man has done in the opposite illustration. Instead of seeking a hold on the upper part of his opponent's body he has fallen on his right side to the mat, hooked his right foot behind his foe's left ankle, and struck the left knee cap with his left foot. The knee cap can be struck so violently that the bone will be splintered, if desired. However, it is ~~here~~ the attacker's intention merely to throw his man, so he pulls the latter's left ankle forward by means of his right foot and, ~~pulling~~ against his foe's knee, forces him backward to the floor.



**FIGURE NO. 22.**

**Fall, Ankle Twist and Knee Breaker Developed From Figure No. 21.**

---

Here we have the culmination of the manœuvres shown in Figures No. 20 and 21. After throwing his opponent backward to the floor with the trick illustrated in Figure No. 21, the attacker moves forward, places his left foot on his opponent's stomach, grasps the latter's left ankle with his left hand, the toes with the right, and twists the ankle forcibly, after raising the leg upward. This twist can be accentuated considerably by bending the leg to the left and pressing it over the attacker's left leg. Sufficient leverage may then be had to break the knee joint, if desired. However, for ordinary purposes the twist of the ankle is sufficient. Should the fallen man attempt to rise he can be pushed backward to the floor with the left foot, the heel of which digs into his stomach.



No. 23

**FIGURE NO. 23.**

**The Full or Double Nelson (Well Known Wrestling Hold) and  
a Counter, Resulting in a Fall and Leg and Ankle Twist.**

---

Opposite is shown a man held by the full or double Nelson, familiar to all wrestlers. In Figures No. 24 and 25 the "Japs" illustrate a clever counter for this hold in which a knee and ankle are violently twisted, and which may be readily broken.



No. 24

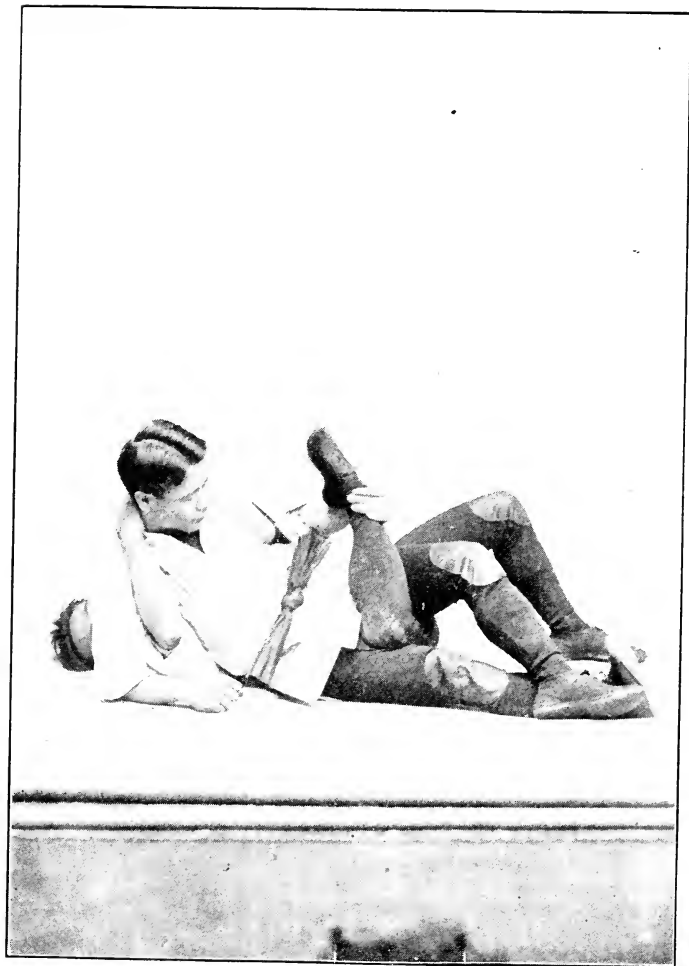


**FIGURE NO. 24.**

**Second Movement in the Counter of the Full (or Double)  
Nelson.**



Just as the attacker, the man in the rear, obtains the full Nelson, shown in Figure No. 23, the then defensive man brings his arms snugly to his own body, clinching the attacker's two arms above the elbows. He then bends sharply forward, carrying the attacker off his feet, as shown in the opposite picture. (Next see Figure No. 25.)



No.25

**FIGURE NO. 25.****Completion of Counter for the Full Nelson.**

The picture opposite illustrates the fall from the described counter for a full Nelson. It also shows that the man who countered has sat on his opponent's stomach and drawn the latter's right leg up close into his crotch. He has released both his own hands from the elbow holds and with his left pulls his opponent's right leg to one side against his (the countering man's) left leg. The leverage obtained on the under man's leg is quite evident. The pressure on his right ankle is applied by the upper man so as to twist his opponent's ankle and knee. A sharp pull would either dislocate or break the knee joint. Notice also that the upper man has grapevined his own feet so that he can squeeze his opponent's right leg firmly up in his crotch.



No. 26

**FIGURE NO. 26.**

**First Position, a Disconcerting Trick in Which an Opponent  
Turns a Complete Somersault.**



As an opponent rushes toward a man the latter can throw him forcibly, and in an extremely sensational manner, by proceeding as follows:

As the man rushes forward his foe merely grasps the attacker's arms and thrusts his left or his right foot, as the case may be, into the pit of the attacker's stomach. Now the latter is in position to be thrown in the manner shown in the two following figures, No. 27 and 28.



No. 27

**FIGURE NO. 27.**

**Second Position in the Somersault Trick.**



The man who meets the onrush referred to in the description of photo No. 26, falls backward to the mat as he places his foot in his opponent's stomach and grasps the latter's arms or shoulders. While falling backward, drawing his opponent forward, he partially straightens the engaged leg, throwing his foe in the air, as shown on the opposite page. Nothing can then save the unfortunate victim. (See Figure 28.)





**FIGURE NO. 28.**

**Fall From the Somersault Trick.**



The result of the movements illustrated in Figures No. 26 and 27 is shown in photo No. 28. The man who originally attacked has been thrown heels over head, in the strictest sense of the word. He lies flat on his back and his opponent is in a position to inflict further punishment, if he so desires.



No. 29

**FIGURE NO. 29.**

**A Clever Trick, Showing the Agility of the "Japs"—First Position.**

---

The "Japs" have won world-wide fame for great agility. Their wiry bodies have rendered them seemingly unconquerable in many instances. In Figure No. 29 we see that a "Jap" has leaped from the ground, encircled an opponent's waist with his legs, and has begun to force the latter's head backward by means of his (the attacker's) forearm. To show how completely the attacker has placed his foe at his mercy see Figure No. 30.



No. 30

**FIGURE NO. 30.**

**Fall Imminent From the Jumping Trick, Shown in Figure No. 29.**

---

After the "Jap" leaped and encircled his opponent's waist with his legs he brought first one wrist and then the other underneath the defensive man's chin, pressing them both against his throat. Of course the latter man was forced to bend backward, whereupon the attacker extended his feet on the floor. Now the under man has absolutely no means of escape, and if the attacker desires he can force his foe heavily to the floor.



No. 31

**FIGURE NO. 31.****The Arm Breaker and Wrist Twist Over the Right Shoulder.**

When a man's left arm is caught at a disadvantage it can sometimes be pulled over the attacker's right shoulder. The extended arm's elbow rests on the offensive man's shoulder bone, thus giving considerable leverage. Downward pressure on the forearm will often result in a break. In Figure No. 31 the attacker is executing the arm breaker, and at the same time with his left hand he has grasped the fingers of the extended hand and is pulling them down and inward, placing a great strain on the wrist and finger bones. Notice that the man in the rear has grasped his opponent's belt with his free hand, to serve as a stop.



No. 32



**FIGURE NO. 32.****Escape From the Arm Breaker, and a Counter.**

---

The man attacked in Figure No. 31, if he is swift and strong, can escape as follows:

As his opponent obtains the arm hold the defensive man should jump to the right side, carrying his arm off his foe's shoulder bone. Next he seizes the opposing right arm under the elbow with his right hand, and at the wrist with his left. He then forces the elbow up, as shown in Figure No. 32, pushing his opponent back against his right knee, as also shown. Now it will be seen that the original attacker is in danger of a fall from this position. (See photo No 33.)



No. 33

**FIGURE NO. 33.**

**Fall and Punishment From the Counter to the Arm Breaking Hold, Shown in Figures No. 31 and 32.**

---

On the page opposite we see the fall resulting from the counter of the arm breaker, previously described. The original attacker has been thrown heavily on his back and *his right forearm and wrist are turned under*, so that the back of his hand rests on the floor. His opponent's right knee presses strongly in his armpit and the under side of his upper arm, putting pressure upon the bent wrist and forearm, which results in excruciating pain if persisted in. The under man's left arm and hand are placed out of commission by the upper man's right hand.



No. 34

**FIGURE NO. 34.**

**Another Mode of Resisting and Countering a Right Hand Blow  
at the Face.**

---

Early in this book an efficacious mode of countering a pugilistic attack with the right hand was explained. We will now consider another method, as begun in Figure No. 34. Here the man on the left has attempted to deliver a right-hand blow to his opponent's face. The latter has side-stepped to the left, striking the extended arm with his forearm. Quick as a flash he then crouches in back of his foe, seizes his collar with his left hand and his left leg with his right hand. He then drops down on one knee, pulls his opponent down and draws him across his shoulders, for which see Figure No. 35.



**FIGURE NO. 35.**

**Ready to Secure a Fall From a Counter to a Right Hand Lead.**

In the above picture we see the original aggressor high across his opponent's shoulders. He can be thrown forward, flat on his back, or to either side with equal facility.

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

# SPALDING Gymnasium and Athletic Equipment

*Made of Best Materials  
Durable  
Comfortable  
Correct in Design  
Carefully Made*

ATHLETIC UNIFORMS differ in construction from ordinary clothes in that they must be especially strengthened in the parts bearing the strain. Only long years of practical experience in making athletic uniforms can determine the weak spots.

Spalding has had this experience and puts it into practice in their own factory, where these goods are made.

Those who wear them have told us they are durable and comfortable.

SPALDING GYMNASTIC UNIFORMS have been used for years by colleges, schools, Y. M. C. A.'s, clubs, etc.

Why? Because the leaders of such organizations and institutions have discovered they meet the approval of those using them, thus eliminating friction between the director and his pupils or members.

Why? Because the wearer is perfectly satisfied.

WRITE FOR

## SPALDING CATALOGUE

*CONTAINS A FULL LINE OF  
Shirts, Tights, Trunks, Shoes, etc.  
Suitable for Gymnasium and Athletic Use*

FREE ON REQUEST

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING KNIT ATHLETIC SHIRTS

STOCK SIZES--26 to 46 inch chest. SPECIAL ORDERS--All shirts listed on this page we furnish in any colors on special order at no extra charge. No more than two colors in any striped garment.

### Spalding Sleeveless Shirts

- No. 10E. Sleeveless. Best quality worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. . . . . Each, \$2.75 ★ \$29.70 Doz.  
No. 600. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. . . . . Each, \$2.00 ★ \$21.00 Doz.  
No. 700. Sleeveless. Worsted. Light weight. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. . . . . Each, \$1.75 ★ \$18.90 Doz.  
No. 6E. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . . . Each, 50c. ★ \$5.40 Doz.



No. 10E

### Spalding Shirts, with Sash

- No. 6WD. Sanitary cotton, sleeveless, with woven sash. Same combinations of colors as No. 600S. Supplied on special order only. Ea., \$1.50 ★ \$16.20 Dz.



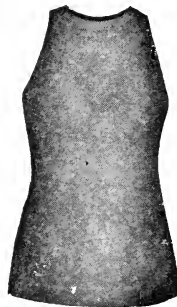
No. 600S

- No. 600S. Worsted, with 6-inch stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. . . . . Each, \$2.25 ★ \$24.30 Doz.

- No. 700S. Worsted, light weight, 6-inch stripe around chest. Color combinations similar to No. 600S. Supplied on special orders only. Each, \$2.00 ★ \$21.00 Doz.

- No. 6ES. Sanitary cotton, solid color body, with 6-in. stripe around chest, in same combinations of colors as No. 600S. . . . . Each, \$1.00 ★ \$10.80 Doz.

- No. 600V. Worsted. Sleeveless, V-neck. Supplied on special orders only, any color. Ea., \$2.00 ★ \$21.00 Dz.



No. 600V

### Spalding Quarter Sleeve Shirts

- No. 601NV. Worsted. Quarter sleeves, V-neck, with stripes around neck and sleeves. Special orders only, one color body, two colors striping (any colors). . . . . Each, \$2.50 ★ \$27.00 Doz.  
No. 601N. Same as No. 601NV, but round neck. Special orders only. Each, \$2.50 ★ \$27.00 Doz.  
No. 6F. Sanitary cotton. Bleached White, Navy Blue or Black. . . . . Each, 50c. ★ \$5.40 Doz.

### Spalding Leotards

For Gymnasium Use, Wrestling, etc.

- No. 1L. Combining athletic shirt and trunks. Best quality worsted. Any color. Supplied on special order only. . . . . Each, \$5.50  
No. 10L. Good quality worsted. Any color. Supplied on special order only. . . . . Each, \$4.50  
No. 12L. Worsted. Supplied on special order only in any color. . . . . Each, \$3.25



No. 6WD

Prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. For Canadian prices see special Canadian Catalogue



ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING TIGHTS TRUNKS AND RUNNING PANTS

STOCK SIZES : 24 to 42 inch waist. STOCK COLORS : Worsted knee and full tights and trunks, except where otherwise specified, Gray, White, Navy Blue, Maroon, and Black. Any other color on special orders, at no extra charge.



No. 10B

### Spalding Knee Tights

No. 10B. Best worsted. Pair, \$2.75 ★ \$29.70 Doz.

No. 604. Good worsted. " 2.00 ★ 21.60 Doz.

### Spalding Full Length Tights

No. 1A. Best quality worsted, full fashioned.

Pair, \$5.50 ★ \$59.40 Doz.

No. WA. Special wrestling full tights. Specially reinforced. Special orders only. Pair, \$6.50

No. 605. Good worsted. Pair, \$3.50 ★ \$37.80 Doz.



No. 2



No. 14B

### Spalding Worsted Trunks

No. 2. Good quality worsted. Carried in stock in Navy or Black. . . Pair, \$1.75 ★ \$18.90 Doz.

### Spalding Y. M. C. A. Trousers

No. 4. Flannel. . . . Pair, \$2.50 ★ \$27.00 Doz.

### Boys' Knee Pants

No. 14B. Same quality as No. 4 Y. M. C. A. trousers; with stripe down side.

Pair, \$1.50 ★ \$16.20 Doz.

### Spalding Running Pants

Stock sizes : 22 to 42 inch waist, cut good and full in size. Specify size and color when ordering.

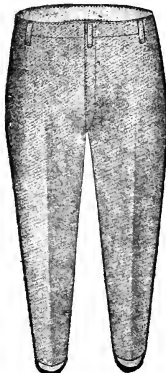
No. 3. White or Black Sateen. Made with fly front and laced back. Pair, \$1.00 ★ \$10.80 Doz.

No. 4D. White Drill. Specially recommended for indoor or Y. M. C. A. work. Fly front and laced back. . . . . Pair, \$1.00 ★ \$10.80 Doz.

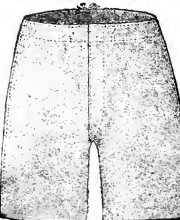
No. 4F. Equipped with durable and reliable adjusting arrangement at sides. White, Black or Gray twill. . . . . Pair, \$1.00

No. 4C. College style; fly front, wide hips, short legs, no elastic. Made in White, Black or Gray twill. . . . . Pair, 75c.

No. 4. White, Black or Gray twill. Fly front, laced back. . . . . Pair, 75c. ★ \$8.10 Doz.



No. 4



No. 3



No. 4F

Silk Ribbon Stripes down sides of any of these running pants. . . . Pair, extra, 25c. ★ \$2.70 Doz.  
Silk Ribbon Stripe around waist on any of these running pants. . . . . 25c. ★ 2.70 Doz.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

A. G. SPALDING & BROS.  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. For Canadian prices see special Canadian Catalogue

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING GYMNASIUM AND ACROBATIC SHOES

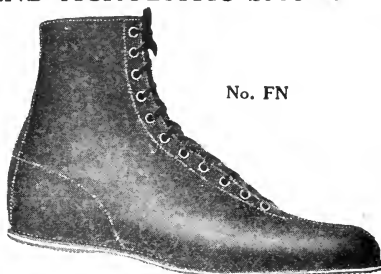


No. FL  
Pat. Aug. 17, 1915

No. FL. Extra high cut canvas acrobatic shoes. Special leather soles, will not harden. Reinforced where upper and sole are attached. Pair, \$1.75

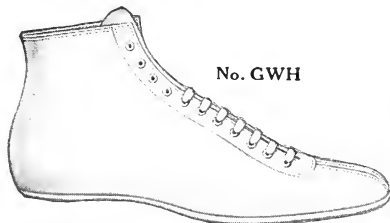
No. FE. Extra high cut, best quality canvas shoes with leather soles. Especially for acrobatic work. . . . . Pair, \$1.50 ★ *\$16.20 Doz.*

No. E. Low cut canvas, canvas soles. . . . . Pair, 35c.



No. FN

No. FN. Corrugated rubber sole, special leather uppers. Made after special model supplied by us to the U. S. Naval Academy, Annapolis, and characterized as the most satisfactory shoe for gymnasium use, especially acrobatic and wrestling wear. Pair, \$5.00

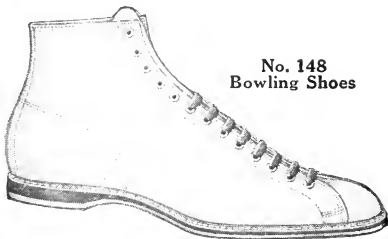


No. GWH

### KNOCKABOUT LEATHER GYMNASIUM SHOES

No. GWH. High cut, special pearl colored leather; flexible soles; well made. . . . . Pair, \$2.00

No. GW. Low cut, otherwise as GWH. Pair, \$1.50



No. 148  
Bowling Shoes

### SPECIAL BOWLING SHOES

No. 148. For bowling and general gymnasium use; light drab chrome tanned leather uppers, electric soles; laces extremely low down. Pair, \$4.50

*The price printed in italics opposite item marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★*

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. For Canadian prices see special Canadian Catalogue

ACCEPT NO  
SUBSTITUTE.

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING HOME GYMNASIUM BOARD

A complete gymnasium for the home on one board. Floor space required, 3 feet by 2 feet. Height, 8 feet. Floor board and staple plate only are attached permanently. Upper board is held in position by pressure of guy rod and will not mar the wall in the slightest degree.

Consists of Board, with attachments for fastening to floor of room,

so that walls need not be marred. . . . . \$10.00

Spalding Abdominal Masseur. . . . . 10.00

No. PR. Spalding Adjustable Disk. Complete with Striking Bag. 8.00

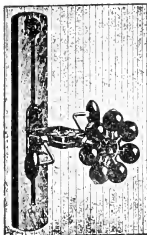
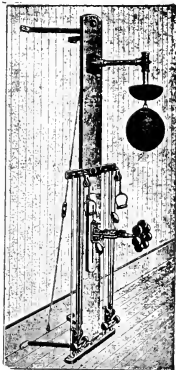
No. 2. Spalding Chest Weight Machine, including pair of 5-lb.

Dumb Bells. . . . . 6.00

Complete, all attached, **\$34.00**

Board itself will be furnished separately if desired. . . . . Each, **\$10.00**

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.



## Spalding Automatic Abdominal Masseur

Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). It effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. A few moments' use each night, before retiring, and in the morning, upon arising, is all that is necessary. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. . . . . Complete, **\$10.00**

## Spalding Bar Stall Bench



No. 205. Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished. . Each, **\$4.00**

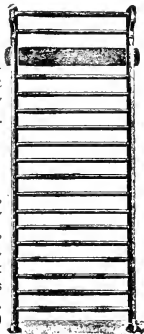
## Spalding Leather Covered Shot



No. A. For abdominal massage. An iron ball, wound with electric tape and then covered with very soft, smooth grade of horse hide. 6 or 8 lbs. weight. . Each,

## Spalding Bar Stalls

No. 20H. Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, 1 ft. by 2½ ft. Height, 8 ft. Per section, **\$8.00**



PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

ACCEPT NO  
SUBSTITUTE

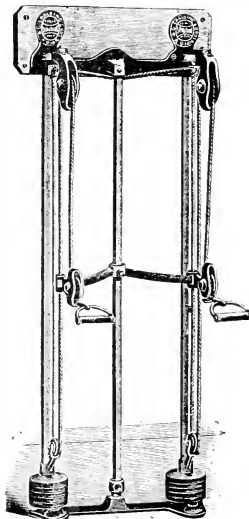
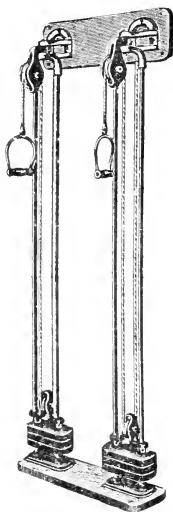
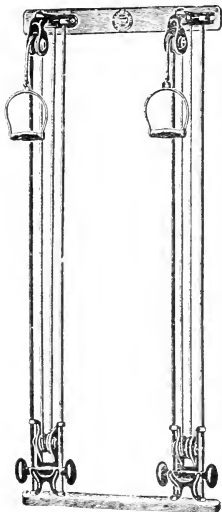
THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING CHEST WEIGHT MACHINES



### Spalding Chest Weight No. 2

No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are  $\frac{3}{8}$ -inch coppered spring steel. Weights are 5-lb. iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect. . . . . Each, \$6.00

### Spalding Chest Weight No. 12

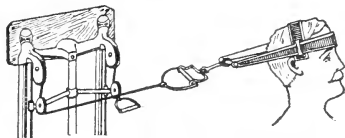
No. 12. This machine, especially designed for home exercise, will be found high grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights. . . . . Each, \$12.00

### Spalding Chest Weight No. 5

No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine really combines two machines in one, and is particularly suitable where space is a consideration. The various changes are made by raising or lowering the center arm, requiring but a few seconds. Japan finish. Each machine is equipped with 16 pounds of weights. Ea., \$15.00 Extra weights for above,  $1\frac{1}{4}$  lbs. Ea., .20

### Spalding Chest and Neck Attachment

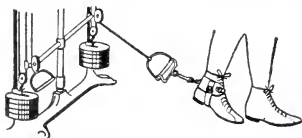
For business men. Overcomes tendency to forward head, due to continuous work at desk. For women, will help develop a nicely rounded neck.



No. 3. Heavy cowhide. Ready for use by simply snapping to one of the handles or both. . . . . Each, \$1.50

### Spalding Foot and Leg Attachment

This provides a local exerciser for all muscles of the leg. As such it is an excellent device for strengthening weak muscles, toning up others and giving exercise to stiff joints.



No. 2. Heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. . . . . Each, \$1.50

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

ACCEPT NO  
SUBSTITUTE

THE SPALDING

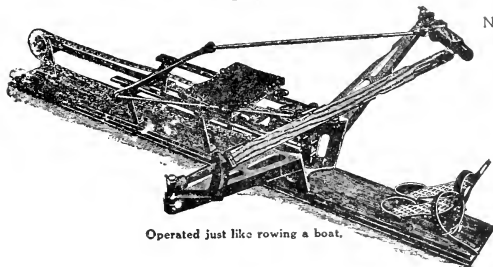


TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING CHAIN BELT ROWING MACHINE No. 600

Suitable Alike for the Athlete or the Ordinary Man or Woman



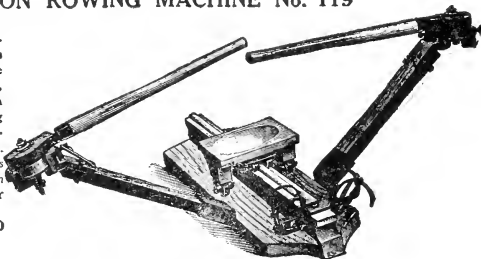
Operated just like rowing a boat.

No. 600. The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exists when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the strongest athlete. Oars are pivoted in such a way that operator can handle and turn them same as he would during the return and feathering motion with a boat oar. Floor space required, 6x5 feet. . . . . Each, \$30.00

## SPALDING FRICTION ROWING MACHINE No. 119

No. 119. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. *Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action.* Floor space required, 4½ feet by 4½ feet.

Complete, \$20.00



## SPALDING ROWING ATTACHMENTS

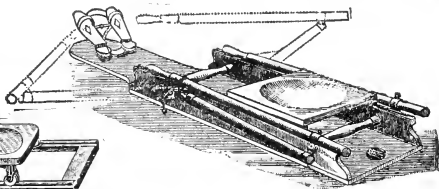
For use with No. 5 Chest Weight Machines

Particularly suitable for home use. Can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights, like Spalding No. 5 (see opposite page) which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



No. R

No. R. Designed to fill the demand for a low priced article of this kind, built along substantial lines. Gives entire satisfaction. Floor space required, 4½ feet by 12 inches. . . . . Complete, \$7.50



No. 1

No. 1. This attachment, as will be noted, has out-riggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with chest weight. Floor space required, 4½ feet by 4½ feet. . . . . Complete, \$10.00

NOTE—These Rowing Attachments, Nos. 1 and R, can be used only in connection with the No. 5 Type of Chest Weight Machines

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## Spalding Spring Grip Dumb Bells

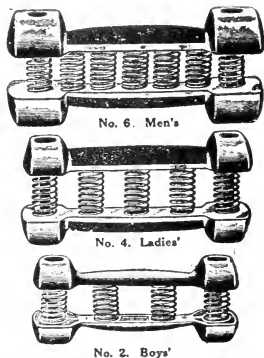
Manufactured by A. G. Spalding & Bros.

These dumb bells are made in two halves connected by steel springs—as specified in the Sandow patent, which expired August 8, 1916—the effort necessary in gripping, making it necessary to continually devote the whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

### Black Enameled Bells, Springs Nickel-Plated and Polished

No. 6. MEN'S.	Seven steel springs. . . . .	Pair, \$2.50
No. 5. MEN'S.	Five steel springs. . . . .	2.00
No. 4. LADIES'.	Five steel springs. . . . .	1.50
No. 2. BOYS'.	Four steel springs. . . . .	1.25

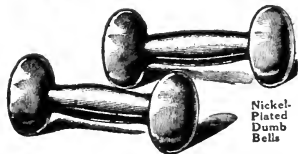
We include with each pair of Spalding Spring Grip Dumb Bells a chart of exercises and full instructions for using. This is the most complete exercising chart ever devised and yet it is very plain and easy to understand. Profusely illustrated.



Model AW  
Dumb Bells



Iron Dumb Bell



Nickel-Plated  
Dumb  
Bells

## Spalding Trade-Mark Wood Dumb Bells

Model AW. Stained Finish

Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

$\frac{1}{2}$ lb. Pair, 35c. ★	Doz. 1 lb. Pair, 45c. ★	Doz.
$\frac{3}{4}$ lb. 40c. ★	1 $\frac{1}{2}$ lb. 55c. ★	Doz.
2 lb. Pair, 70c. ★	\$7.20 Doz.	

## Spalding Iron Dumb Bells

Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 lbs. . . . Pound, 6c. ★ 5c. 1b. Over 40 lbs. . . . . 8c. ★ 6 $\frac{1}{2}$ c. 1b. Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells. . . . . 12c. 1b. ★ 10 $\frac{1}{2}$ c. 1b. Bar Bells, weight 25 lbs. or more for complete Bar Bell, with steel handles, either shorter or longer than regular length, as noted above. . . . . 15c. 1b. ★ 13 $\frac{1}{2}$ c. 1b.

Prices for Bar Bells, weighing other than above, quoted on application.

Quantity prices in italics will be allowed on 25 lbs. or more of iron dumb bells or 100 lbs. or more of bar bells.

## Spalding Nickel-Plated Dumb Bells

Nickel-Plated and Polished

No. 1N. 1 lb. . . . Pair, 40c. ★ \$4.32 Doz.	No. 3N. 3 lb. . . . Pair, \$ .95 ★ \$10.26 Doz.
No. 2N. 2 lb. . . . " 65c. ★ 7.02	No. 4N. 4 lb. . . . " 1.15 ★ 12.42
No. 5N. Pair, \$1.35 ★ \$14.58 Doz.	

Orders for other weights than 1 to 5 lbs., as listed, cannot be accepted.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

A. G. SPALDING & BROS.  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. For Canadian prices see special Canadian Catalogue

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

## SPALDING TRADE-MARK INDIAN CLUBS

STAINED FINISH

Good material, and far superior in shape and finish to the best clubs of other makes. Each pair wrapped in paper bag.

Model BS—Weights specified are for each club.

½ lb. Pr., 35c. ★ \$3.36 Dz. 1½ lb. Pr., 55c. ★ \$5.76 Dz.  
¾ lb. " 40c. ★ 3.96 " 2 lb. " 70c. ★ 7.20 "  
1 lb. " 45c. ★ 4.44 " 3 lb. " 85c. ★ 9.12 "

### Spalding Exhibition Clubs

Handsomely finished in ebonite; for exhibition and stage purposes. The clubs are hollow, with large body and although extremely light, represent a club weighing three pounds or more.

No. A. Ebonite finish. . . . . Pair, \$3.50  
No. AA. With German silver bands. . . . . " 5.00



No. A

No. AA



Model BS

### Indian Club and Dumb Bell Hangers

Made of Iron and Nicely Japanned

No. 1. . . . . Pair, 15c. ★ \$1.68 Doz.  
No. 1M. Mounted on oak strips. . . . . " 25c. ★ 2.70 "



### Savage Bar Bell



Especially designed by Dr. Watson L. Savage

Model S. Has large pear-shaped ends, with a flexible hickory shaft one-half inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. . . . . Each, 50c. ★ \$5.40 Doz.

### Spalding Ash Bar Bells



No. 2. Selected material, highly polished, 5 ft. long. Each, 45c. ★ \$4.50 Doz.

### School Wand



No. 3. 3½ ft. long. Straight grain maple, black finish. Each, 12c. ★ \$1.20 Doz.

### Calisthenic Wand



No. 4. 4½ feet long. 1 inch diameter. Black finish. Each, 15c. ★ \$1.44 Doz.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. On Wands and Bar Bells quantity prices will be allowed on one-half dozen or more.

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

A. G. SPALDING & BROS.  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. For Canadian prices see special Canadian Catalogue

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

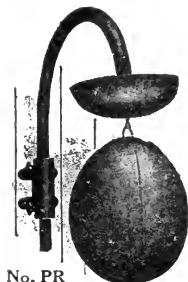
GUARANTEES  
QUALITY

## Spalding "Moline" Disk

Combines adjustable feature of our popular Moline Platform with the practical utility of the solid disk.

No. 1D.  
Moline Ad-  
justable Disk,  
including No.  
5 style striking  
bag swivel.  
Each,

Bag is not included  
in above price.



No. PR  
Patented April 19, 1904

constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. Combines an adjustable feature, making it possible for various members of family to use same disk.

No. PR. Spalding Disk Platform. Complete, with special bag. . . . Each,

No. PR. Spalding Disk Platform. Without bag. . . . .

Unless otherwise specified on order, bag will be sent WITH platform.

PRICES OF ABOVE QUOTED ON APPLICATION.

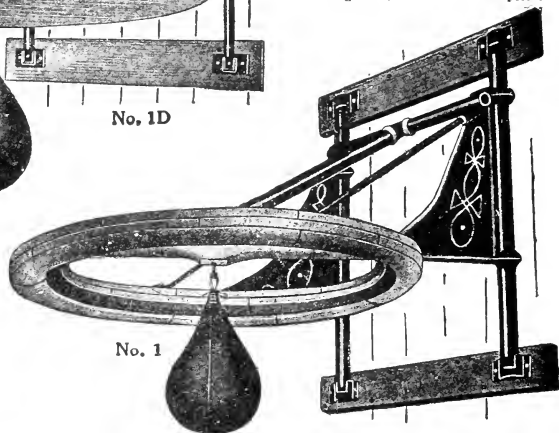
## Spalding "Moline" Platform

Adjustable in height, readily attached to any wall, and the side brackets so arranged that it touches three rows of studding. Neat in design and finish. Supplied with everything necessary for attaching to wall, and crated ready for shipment.

No. 1. Moline Platform.

Each,

Bag is not included in above price.



No. 1

## Spalding Disk Platform

Can be put up in a very small space and taken down quickly when not in use by simply detaching the pipe fixture from the wall plate. The metal disk against which the bag strikes

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

A. G. SPALDING & BROS.  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK



ACCEPT NO  
SUBSTITUTE

THE SPALDING

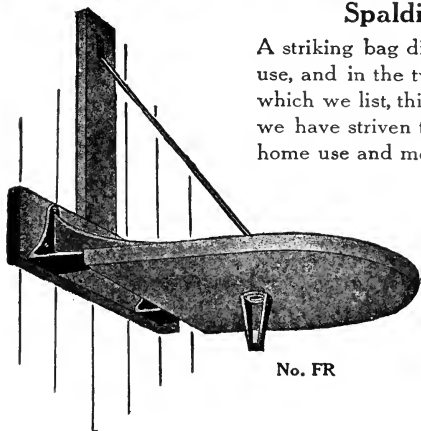


TRADE-MARK

GUARANTEES  
QUALITY

## Spalding Striking Bag Disks

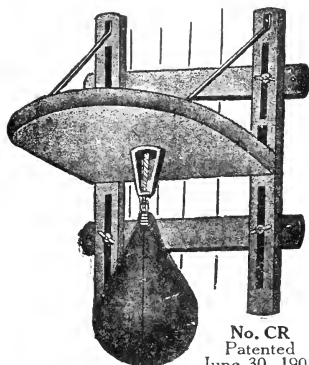
A striking bag disk must be substantial if it is to be of use, and in the two styles, both adjustable and braced, which we list, this feature has not been neglected, while we have striven to put out a disk which is suitable for home use and moderate in prices.



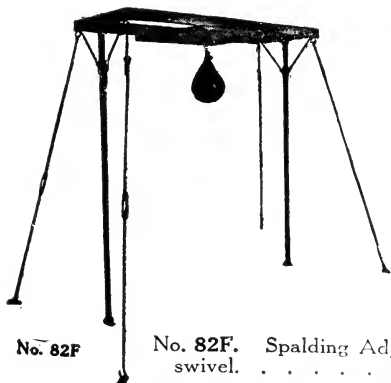
No. FR

No. CR. Patent adjustable style. Complete, *without bag*. . . . . Each,

No. FR. Wall braced style. Complete, *without bag*. . . . . Each,



No. CR  
Patented  
June 30, 1903



No. 82F

No. 82F. Spalding Adjustable Floor Disk, without bag or bag swivel. . . . . Each,

## Spalding Adjustable Floor Disk

This style is what is generally called a "Floor Disk," because the heavy japaned pipe uprights and the steel guys are attached to the floor, but this one is superior to any similar style now on the market in that it combines with absolute rigidity the adjustable features so necessary in an article that is for home use, to make it suitable for various members of the family. Capable of three adjustments of two inches each or a total of 6 inches. Floor space required: 9 feet by 6 feet; height, 7 feet. Uprights placed 6 feet apart, allowing plenty of foot room.

PRICES OF ABOVE QUOTED ON APPLICATION.

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

# SPALDING "OFFICIAL NATIONAL LEAGUE" (REG. U. S. PAT. OFF.) BALL

PATENT CORK CENTER

(Patented August 31, 1909)



## THE OFFICIAL BALL OF THE WORLD SERIES

Adopted by the National League in 1878



Is the only ball used in Championship games since that time and has now been adopted for twenty years more, making a total adoption of fifty-four years. Each ball wrapped in tin foil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

No. 1. Each, Dozen,

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

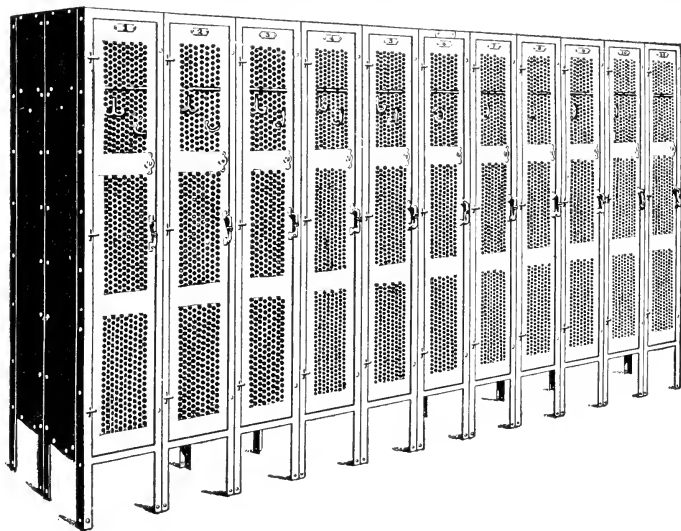
ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY



**A. G. SPALDING & BROS., INC.**

furnish and recommend the use of

## **DURAND STEEL LOCKERS**

having found their quality and workmanship to be in keeping with the class of work manufactured by them.

For prices, catalogues or other information, communicate with

**A. G. SPALDING & BROS., INC.**

CHICOPEE, MASS.

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

# STANDARD QUALITY

An article that is universally given the appellation "Standard" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against co-interfering and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assigns a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

*A. G. Spalding & Bros.*

## STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality. To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

**FIRST**—The user is assured of genuine Official Standard Athletic Goods.

**SECOND**—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

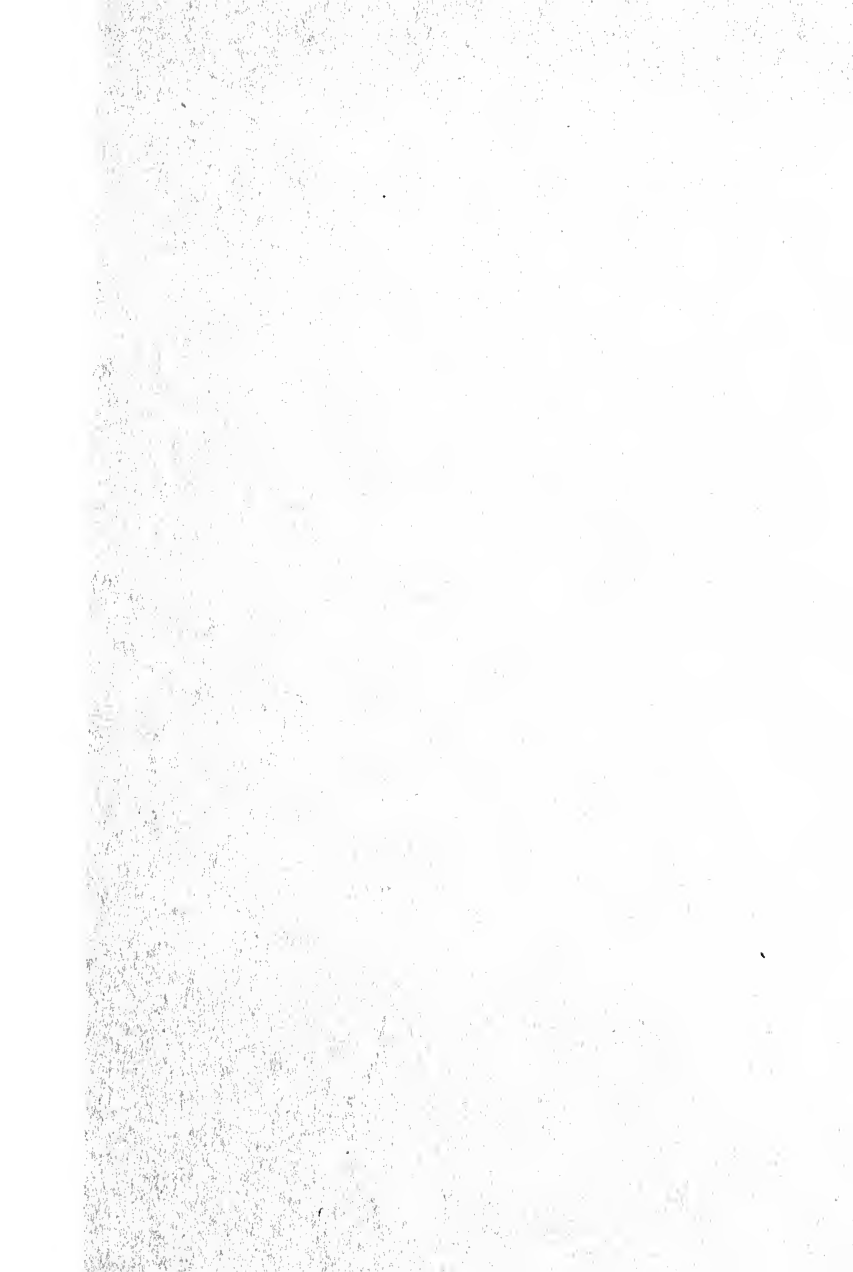
**A. G. SPALDING & BROS.**



# OFFICIAL

For the purpose of the present  
system, it is the policy of the  
Government to provide for the  
production of goods and services  
which are essential to the  
health and safety of the community  
and the national defense.





LIBRARY OF CONGRESS



0 006 010 994 1